



**Objective:** To recognize how condiments affect the nutrients in a meal.

1. Select and list four condiments that could be served at Steps Secondary School on November 15.

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2. Enter these condiments, portion sizes and numbers of servings used on the November 15 menu.
3. Record nutrition information for the menu with condiments and observe the difference.

	Calories	(mg) Sodium	(g) Total-Fat	% Calories Total-Fat
Without Condiments	862	1055	35.36	36.90%
With Condiments				



1. What nutrient changes did you see when condiments were added to the menu?

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2. Do you currently list condiments in your production records?

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3. Why should condiments be listed?

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4. How can you help your students make wiser condiment choices?

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